

Winter 2019

Recreation and Exercise Classes

Learn a new skill, fine tune an old one, or simply keep in shape with the Department of Recreation's GaUCHO REC program. Classes are open to UCSB students, faculty, staff, alumni, affiliates and community members (age restrictions do apply). Classes do not meet January 21 or February 18. Schedule is subject to change. Learn more and see all current schedules online at recreation.ucsb.edu.

RC = Recreation Center | RG = Rob Gym | FC = Fitness Center | Fees = Student/Non Student

Aquatics

| | Instructor | Location | Fee | Day | Time | Date |
|--------------------------------------|--------------|----------|--|--------------------|-----------------------------|--------------------------|
| Youth Swim Lessons (Group & Private) | Swim Instr. | RC Pool | \$50-\$100 | Sun | Varies | January 13 - February 10 |
| Adult Swim Lessons (Private) | Swim Instr. | RC Pool | \$20/Lesson | By Appt | By Appt | |
| Masters Swim | Abrami/Stori | RC Pool | \$130/\$100 / Quarter \$40/\$50 / Month | Mon-Fri Mon/Wed | 12:00-1:00pm 5:30-6:30pm | January 2 - March 22 |
| Water Fitness | Miles-Dutton | RC Pool | \$50/\$54 | Mon/Wed/Fri | 12:10-12:50pm | January 7 - March 15* |

*No class January 21, February 15 and February 18.

Youth Swim Lessons

Fee includes five, 30 minute lessons. See website for details on child age and skill requirements. For Aquatic inquiries, contact swimlessons@recreation.ucsb.edu.

Arts & Crafts

| | Level | Instructor | Location | Fee | Day | Time | Date |
|---------|-----------|------------|-------------------|------------------|-----|-------------|------------------------|
| Pottery | Beginning | Venaas | RC Pottery Studio | \$65/\$85/\$100 | Mon | 2:00-4:00pm | January 14 - March 18* |
| Pottery | Beginning | Venaas | RC Pottery Studio | \$65/\$85/\$100 | Tue | 7:00-9:00pm | January 15 - March 5 |
| Pottery | Beginning | Venaas | RC Pottery Studio | \$65/\$85/\$100 | Wed | 7:00-9:00pm | January 16 - March 6 |
| Pottery | Beginning | Venaas | RC Pottery Studio | \$65/\$85/\$100 | Thu | 7:00-9:00pm | January 17 - March 7 |
| Pottery | Beginning | Venaas | RC Pottery Studio | \$65/\$85/\$100 | Fri | 2:00-4:00pm | January 18 - March 8 |
| Pottery | Advanced | Venaas | West Campus Kiln | \$75/\$145/\$170 | Sat | 1:00-4:00pm | January 19 - March 9 |
| Pottery | Drop In | Venaas | RC Pottery Studio | \$45/\$115/\$135 | Tue | 2:00-4:30pm | January 15 - March 5 |
| Pottery | Drop In | Venaas | RC Pottery Studio | \$45/\$115/\$135 | Wed | 2:00-4:30pm | January 16 - March 6 |
| Pottery | Drop In | Venaas | RC Pottery Studio | \$45/\$115/\$135 | Thu | 2:00-4:30pm | January 17 - March 7 |
| Weaving | Beginning | Ford | RG 2227 | \$140/\$145 | Mon | 5:30-8:30pm | January 14 - March 18* |
| Weaving | Beginning | Ford | RG 2227 | \$140/\$145 | Wed | 5:30-8:30pm | January 16 - March 6 |
| Weaving | Lab | Ford | RG 2227 | \$40/\$45 | Tue | 5:30-8:30pm | January 15 - March 5 |

*No class January 21 or February 18.

Pottery

Advanced Pottery requires previous classes or permission by instructor. There is a \$35.00 material fee. Additional clay is \$25.00. No firing of outside work, no outside clay, no commercial production. 2.5 cubic ft of firing included per quarter. A limit of 5 cubic ft of total firing space is available to each person per quarter (please note this is NOT per class). Fees = Student / Faculty + Staff / Community

Weaving

Weaving has a \$35.00 materials fee. Students must be concurrently enrolled in a Beginning Weaving class to take the Weaving Lab.

Certification Classes

| | Instructor | Location | Fee | Day | Time | Date |
|-------------------------|------------|-------------------|-------------|----------|---------------|---------------------|
| Lifeguard Training | TBA | RC Pool / RG 2111 | \$195/\$199 | Mon-Thur | 9:00am-6:00pm | March 25 - March 28 |
| Babysitting | TBA | RG 2111 | \$75/\$79 | Sat | 9:00am-6:00pm | February 2 |
| Adult First Aid/CPR/AED | TBA | RG 2111 | \$70/\$74 | Sat | 9:00am-2:00pm | January 26 |
| Adult First Aid/CPR/AED | TBA | RG 2111 | \$70/\$74 | Sun | 9:00am-2:00pm | February 16 |
| Adult First Aid/CPR/AED | TBA | RG 2111 | \$70/\$74 | Sat | 9:00am-2:00pm | March 16 |

Lifeguard Training

Participants must attend ALL classes and pass tests to receive certification. Lifeguard Training also includes CPR and First Aid.

Prep Courses

Prep courses do not include a certification exam.

Dance

| | Level | Instructor | Location | Fee | Day | Time | Date |
|-----------------|--------------|-------------------|----------|-----------|---------|--------------|----------------------|
| Bachata | All Levels | Sanchez | RG 2320 | \$44/\$48 | Tue | 6:00-7:00pm | January 15 - March 5 |
| Ballet | Level 1 | Replogle-Purinton | RG 1430 | \$44/\$48 | Tue | 7:00-8:10pm | January 15 - March 5 |
| Ballet | Level 1 | Replogle-Purinton | RG 1430 | \$44/\$48 | Fri | 6:15-7:25pm | January 18 - March 8 |
| Ballet | Level 2 | Replogle-Purinton | RG 1430 | \$44/\$48 | Tue | 8:15-9:30pm | January 15 - March 5 |
| Ballet | Int/Adv | Replogle-Purinton | RG 1430 | \$44/\$48 | Fri | 7:30-8:45pm | January 18 - March 8 |
| Belly Dance | Level 1 | Cris Basimah | RG 2320 | \$44/\$48 | Thu | 5:45-6:45pm | January 17 - March 7 |
| Brazilian Dance | All Levels | Silva | RG 2120 | \$44/\$48 | Tue | 5:30-6:30pm | January 15 - March 5 |
| Breakdance | Beginning | Yan | RG 1410 | \$44/\$48 | Thu | 8:00-9:00pm | January 17 - March 7 |
| Cotillion | All Levels | Cotillion Club | RG 2320 | \$22/\$48 | Tue/Thu | 9:10-10:30pm | January 15 - March 7 |
| Hoop Dance | Mixed Levels | Carano | RG 2320 | \$44/\$48 | Wed | 7:15-8:15pm | January 16 - March 6 |
| Salsa Dance | Beginning | Sanchez | RG 2320 | \$44/\$48 | Tue | 7:00-8:00pm | January 15 - March 5 |
| Salsa Dance | Int-Adv | Sanchez | RG 2320 | \$44/\$48 | Tue | 8:00-9:00pm | January 15 - March 5 |
| Jitterbug Swing | Beg-Int | Carlan | RG 1410 | \$44/\$48 | Tue | 6:00-7:15pm | January 15 - March 5 |

Faculty & Staff Wellness & Fitness

| | Instructor | Location | Fee | Day | Time | Date |
|--|------------|------------------------|------|---------|---------------|----------------------|
| Fit For Life | Ortiz | EAP Office - Hollister | \$42 | Mon/Wed | 12:05-12:55pm | January 7 - March 20 |
| Fit For Life | Gage | Pavilion Gym | \$42 | Mon/Wed | 12:05-12:55pm | January 7 - March 20 |
| L.I.F.E. Circuit Class | Ortiz | Pavilion Gym/MAC Court | \$42 | Tue/Thu | 12:05-12:55pm | January 8 - March 21 |
| L.I.F.E. / Fit For Life (All Access Combo) | Ortiz/Gage | Varies | \$56 | Mon-Thu | 12:05-12:55pm | January 7 - March 21 |

General Interest

| | Level | Instructor | Location | Fee | Day | Time | Date |
|------------------------|--------------|------------|----------|-----------|-----|-------------|--------------------------|
| American Sign Language | Level 1 | Brody | RC 1501 | \$44/\$48 | Wed | 5:30-6:50pm | January 16 - March 6 |
| American Sign Language | Level 2 | Brody | RC 1501 | \$44/\$48 | Wed | 7:00-8:20pm | January 16 - March 6 |
| Guitar | Beginning | Miles | RC 2128 | \$44/\$48 | Thu | 5:00-6:00pm | January 17 - March 7 |
| Guitar | Beginning | Miles | RC 2128 | \$44/\$48 | Thu | 6:00-7:00pm | January 17 - March 7 |
| Guitar | Intermediate | Miles | RC 2128 | \$44/\$48 | Thu | 7:00-8:00pm | January 17 - March 7 |
| Wine Tasting | All Levels | Giessinger | RC 1501 | \$70/\$74 | Thu | 5:00-7:00pm | January 17 - February 21 |

Wine Tasting

Online registration not available. Participants must register in person at the Customer Service Center and show ID to verify age.

Martial Arts & Self Defense

| | Level | Instructor | Location | Fee | Day | Time | Date |
|-------------------------|------------------|------------|--------------|-----------|---------|-----------------|-----------------------|
| Aikido | Beginning | Ota | RG 2120/2320 | \$44/\$48 | Mon/Fri | 8:00-9:00pm | January 14 - March 8 |
| Aikido | Int-Adv | Ota | RG 2120/2320 | \$44/\$48 | Mon/Fri | 7:00-8:00pm | January 14 - March 8 |
| Brazilian Jiu-Jitsu | Beginning | Moreno | RG 2120 | \$44/\$48 | Tue | 7:45-8:45pm | January 15 - March 5 |
| Brazilian Jiu-Jitsu | Beginning | Moreno | RG 2120 | \$44/\$48 | Wed | 7:00-8:00pm | January 16 - March 6 |
| Brazilian Jiu-Jitsu | Advanced-Gi only | Moreno | RG 2120 | \$44/\$48 | Tue | 8:45-10:00pm | January 15 - March 5 |
| Brazilian Jiu-Jitsu | Advanced-Gi only | Moreno | RG 2120 | \$44/\$48 | Wed | 8-9pm | January 16 - March 6 |
| Brazilian Jiu-Jitsu | Competition Team | Moreno | RG 2120 | \$44/\$48 | Sat | 3:00-5:00pm | January 19 - March 9 |
| Capoeira | All Levels | Silva | RG 2120 | \$44/\$48 | Tue | 6:30-7:30pm | January 15 - March 5 |
| Filipino Kali & Eskrima | All Levels | Holm | RG 2120 | \$44/\$48 | Sun | 10:00am-12:00pm | January 20 - March 10 |
| Kendo | Beginning | Hashimoto | RG 2320 | \$44/\$48 | Sat | 1:30-3:00pm | January 19 - March 9 |
| Tae Kwon Do | All Levels | Gans | RG 2120/2320 | \$44/\$48 | Wed/Sun | 6:00-7:00pm | January 16 - March 10 |

Mind & Body

| | Level | Instructor | Location | Fee | Day | Time | Date |
|-----------------|------------------|------------|--------------|-----------|-----|--------------|------------------------|
| Massage | All Levels | Ernst | RG 1410 | \$44/\$48 | Tue | 7:30-9:00pm | January 15 - March 5 |
| Pilates - Chair | Sculpt | Gage | RG 1410 | \$80/\$84 | Mon | 5:10-6:00pm | January 14 - March 18* |
| Pilates - Chair | Sculpt | Gage | RG 1410 | \$80/\$84 | Wed | 5:10-6:00pm | January 16 - March 6 |
| Pilates - Mat | Core and More | Guthrie | RG 1430 | \$50/\$54 | Tue | 5:10-6:00pm | January 15 - March 5 |
| Pilates - Mat | Core and More | Guthrie | RG 1430 | \$50/\$54 | Thu | 5:10-6:00pm | January 17 - March 7 |
| Yoga | Lunch Break Flow | Ment | RG 1410 | \$44/\$48 | Mon | 12:00-1:00pm | January 14 - March 18* |
| Yoga | Sunset Flow | Ment | Pavilion Gym | \$44/\$48 | Mon | 5:15-6:30pm | January 14 - March 18* |
| Yoga | Lunch Break Flow | Ment | RG 1410 | \$44/\$48 | Fri | 12:00-1:00pm | January 18 - March 8 |

| | | | | | | | |
|------|-------------------|-----------|--------------|-----------|-----|--------------|------------------------|
| Yoga | Moonlight Flow | Ment | RG 1430 | \$44/\$48 | Thu | 7:15-8:30pm | January 17 - March 7 |
| Yoga | Hatha, Mainstream | Kova | RG 1430 | \$44/\$48 | Mon | 7:15-8:30pm | January 14 - March 18* |
| Yoga | Hatha, Mainstream | Kova | RG 1410 | \$44/\$48 | Wed | 12:00-1:30pm | January 16 - March 6 |
| Yoga | Strong + Stretchy | Hassemer | Pavilion Gym | \$44/\$48 | Tue | 5:15-6:30pm | January 15 - March 5 |
| Yoga | Refresh and Reset | Noland | RG 1410 | \$44/\$48 | Tue | 12-1pm | January 15 - March 5 |
| Yoga | Living Flow | Sampila | RG 1410 | \$44/\$48 | Thu | 12-1pm | January 17 - March 7 |
| Yoga | Living Flow | Sampila | RG 1430 | \$44/\$48 | Wed | 7:15-8:30pm | January 16 - March 6 |
| Yoga | Strong Flow | Bluestone | Pavilion Gym | \$44/\$48 | Wed | 5:15-6:30pm | January 16 - March 6 |

*No class January 21 or February 18.

Pilates / Yoga

There is a limited amount of yoga mats available for use so participants are encouraged to bring their own.

Sport

| | Level | Instructor | Location | Fee | Day | Time | Date |
|-----------------------|------------|-------------|-----------------|-------------------|---------|--------------|--------------------------|
| Indoor Rowing | All Levels | Gorman | RG 2120/Balcony | \$74/\$79 | Mon/Wed | 12:05-12:55 | January 14 - March 13 |
| Olympic Weightlifting | All Levels | Yang | APC | \$120/\$124 | Tue | 8:00-9:00am | January 15 - March 19 |
| Olympic Weightlifting | All Levels | Yang | APC | \$120/\$124 | Thu | 8:00-9:00am | January 17 - March 21 |
| Tennis- Session 1 | Beg-Int | Gerstenfeld | RC Courts | \$44/\$48 | Tue | 6:00-7:00pm | January 15 - February 5 |
| Tennis- Session 2 | Beg-Int | Gerstenfeld | RC Courts | \$44/\$48 | Tue | 6:00-7:00pm | February 12 - March 5 |
| Sailing | Beg-Int | Grant | SB Harbor | \$120/\$150/\$180 | Sat | 12:00-4:00pm | February 2 - February 16 |
| Sailing | Beg-Int | Grant | SB Harbor | \$120/\$150/\$180 | Sun | 12:00-4:00pm | February 3 - February 17 |
| Sailing | Beg-Int | Grant | SB Harbor | \$120/\$150/\$180 | Tue/Thu | 3:30-5:30pm | March 12 - March 28 |

*No class January 21 or February 18.

Sailing

Fees= Student / Faculty + Staff / Community

Follow us to receive updates on more upcoming classes and events!



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